A Meta-Analysis of Randomized Controlled Trials and Prospective Cohort Studies of Eicosapentaenoic and Docosahexaenoic Long-Chain Omega-3 Fatty Acids and Coronary Heart Disease Risk

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3816 Records identified from Ovid/ Medline, Embase, and PubMed

Level 1 screening: abstract and/or title review

3725 Excluded
459 Clinical trials (most common reason was ineligible outcomes)
329 Observational studies (most common reasons were not providing specific levels of EPA+DHA or ineligible study design, ie, not prospective cohort study design)
2937 Irrelevant publications (eg, commentaries, reviews, or animal studies)

91 Records underwent Level 2 screening (full-text review)
41 Clinical trials
42 Prospective cohort studies
8 Meta-analyses (for reference list review)

52 Excluded
20 Clinical Trials
- No relevant endpoints
- Crossover design
- Other publication type (eg, abstract only)
- EPA and/or DHA dose not specified
- Duplicate publication with no new data
- Not randomized

24 Prospective cohort studies
- EPA+DHA intakes not specified
- No relevant endpoints
- EPA+DHA not examined in relation to CHD outcomes of interest
- Duplicate cohort or publication with no new data
- Other publication type

18 Randomized controlled trials (21 publications)
17 Prospective cohort studies (18 publications)